



Homemade Farfalle Pasta

Jacob · 30/09/2024



Prep Time

1 hr 40 mins

Difficult

Easy

Servings

4

Description

Flour and water are all you need to make traditional farfalle or bow ties at home Make sure to use a durum wheat semolina a very refined flour usually imported directly from Italy or your pasta wont stay firm and al dente during the cooking process

Ingredients

- - 2 ½ cups durum wheat semolina flour (such as Bob's Red Mill®) - 1 pinch salt - 1 cup water
- or as needed
- at room temperature

Instructions

1. Mix flour and salt in a large bowl or on a marble work surface. Make a well in the center. Pour water into the well a little at a time
2. mixing it with the flour. Add as much water as needed to make a sticky but compact dough. Knead dough with your hands by flattening the ball
3. stretching it
4. and folding the top towards the center. Turn 45 degrees and repeat until dough is elastic and smooth
5. but not too soft
6. about 10 minutes. Shape dough into a ball. Place in a bowl and cover with plastic wrap. Let rest at room temperature for about 30 minutes before using. Cut off 1/3 of the dough. Wrap the remaining dough in plastic wrap to keep it from drying out. Flatten dough with your hands and pass through the largest setting of your pasta machine. Fold in half
7. rub with more flour
8. and pass through the pasta machine again. Keep passing through the machine until you reach an even rectangular sheet of smooth
9. not sticky
10. consistency. Pass the dough through the middle setting of your machine and then through the second-to-last to make a long and thin sheet. Trim the sheet into an even rectangle and rub with more flour. Trim off the short edge of the rectangle with a decorative ravioli wheel cutter. Trim the rectangle into strips
11. about 3/4 inch wide
12. with a flat ravioli wheel cutter. Section the strips into 1 1/3-inch large pieces with the decorative cutter. Push the sides of each piece towards the centre to form a bow tie and secure with a little dab of water. Proceed the same way with the rest of the dough. Transfer the farfalle to a floured surface and sprinkle with more semolina flour. Do not overlap or they will stick. Let dry for about 30 minutes before cooking. Unknown Recipe Tips If you are not cooking the farfalle right away
13. let them dry at room temperature for 24 hours
14. then transfer them to a paper bag. Check from time to time to make sure no mold develops
15. and use them within one week. The cooking time will depend on how dry the farfalle are. If the farfalle are freshly made
16. they will cook in about 5 minutes. If they are a few days old and dry
17. they will need to cook for about 8 to 10 minutes. As is always the case when cooking pasta
18. the best way to check is to taste. The best flour to use is durum or semolina "rimacinata"
19. but in a pinch
20. you can use regular semolina flour mixed with plain white flour
21. with a 50-50 ratio.